Parent & Child Program

Our parent & child program offers early exposure to the wonderful world of water. This class is designed to help the child acclimate to the water while teaching the caregiver(s) basic techniques for early success. Parents learn how to positively promote their child's water experience. Children learn to enjoy the water through songs, games and repetition. (30 minutes). Children not yet potty trained must wear a swim diaper with tight fitting legs and waist. **Disposable diapers are not permitted.**

Puddle Jumpers

Our Puddle Jumpers program is designed for the young swimmer who is ready to transition to lessons with limited parent supervision. These classes are designed to help the child acclimate to the lesson environment while limiting the caregiver's involvement. Children will be introduced to the PAFC lesson program through songs, games and repetition.

Family & Friends Lessons

Gather three or more students of the same skill level and bring them in during off peak hours for a group swim program. We will provide a qualified swim instructor for your group. This is a great option for families that home school!

*Please fill out a private lesson questionnaire, available at front desk, on-line at www.pullman-wa.gov/recreation, forms or call 509-338-3290, for instructor assignment, dates, and times.

Private Lessons

Do you want to learn to swim, perfect your strokes, or train for a triathlon or swim event? Our caring and compassionate instructors will assist you in setting and meeting your personal swimming goals. We can help you conquer your fears, learn a new skill, or improve your training regimen. All private lesson instructors are American Red Cross Water Safety Instructors. These experienced instructors receive excellent reviews from their group lesson participants and parents.

*Scheduled by appointment

*Please fill out a private lesson questionnaire, available at front desk, on-line at www.pullman-wa.gov/recreation, forms or call 509-338-3290, for instructor assignment, dates, and times.

Please Call:

Pullman Aquatic & Fitness Center at 509-338-3290 or pick-up a Parks & Recreation Program Guide for more information on class prices, dates, and times!

WEB: PullmanParksandRec.com

Pullman Aquatic & Fitness Center

City of Pullman, Parks & Recreation

500 NW Larry Street

Pullman, WA 99163

Pullman Aquatic & Fitness Center

Swim Lessons

Schedule your FREE Swim Screening today!

Pullman Aquatic & Fitness Center

500 NW Larry Street, Pullman, WA 99163

Phone: 509-338-3290 Fax: 509-334-6696

Parks & Recreation Office: 509-338-3227

Email: aquatic.center@pullman-wa.gov

Web: PullmanParksandRec.com

...Making Family Fitness Fun!

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Swimming Instruction & Youth Programs

In an ongoing effort to offer the best swim program on the Palouse we have redefined our group lesson levels. Swim lessons at the Pullman Aquatic & Fitness Center offer an essential life assurance for your family.

Our nationally certified Instructors come with over 50 years of combined experience from aquatic facilities throughout the country. We offer small student to teacher ratios, innovative teaching methods, and enthusiasm unmatched in the region. In addition, classes will meet for more weeks allowing the teacher / student bond to develop and the students progress to be uninterrupted.

Our goal is to provide students with the skills necessary for a life long enjoyment of the water. Our lessons are offered to all ages. We truly do have something for everyone. You will be amazed at your child's progress with consistent, year-round lessons.

Swim Screenings

Free swim screenings are available by appointment. Swim screenings will allow your child to be placed appropriately, ensuring a positive lesson experience.

PS Tadpole/ Tadpole	*Water Adjustment/Body Position*	*PS Tadpole: 25-35 min* *Tadpole: 35-45 min*	*Min 3/Max 5*
	My child	◆ has little or no water experience ◆ can follow directions	
PS Frog/ Frog	*Mobility/Beginning Endurance*	*PS Frog: 25-35 min* *Frog: 35-45 min*	*Min 3/Max 5*
	My child can	◆ float and glide unassisted on front and back for 10 sec ◆ travel 15 feet using beginning paddling ◆ demonstrate a streamline kick on front and back for 15 feet ◆ jump in and recover to a back float	
PS Gator/ K Gator/ Gator	*Basic Stroke Improvement*	*PS Gator: 25-35 min* *K Gator/Gator: 35-45 min*	*Min 3/Max 6*
	My child can	◆ jump into deep water ◆ float unassisted on back for 15 seconds ◆ swim length of pool using a combination of crawl stroke and elementary backstroke	
K Seahorse/ Seahorse	*Basic Stroke Perfection*	*35-45 min*	*Min 3/Max 6*
	My child can	◆ perform consistent bilateral breathing ◆ demonstrate good over-arm recovery on the front and back ◆ tread water for two minutes using any arm and kick pattern ◆ 50 yards each of crawl stoke and backstroke	

Trout	*Advanced Stroke Improvement*	*45-55 min*	*Min 3/Max 6*
	My child can	◆ 100 yards of front crawl with complete coordination ◆ 100 yards of back crawl including ◆ 25 yards beginning breaststroke	
Swordfish	*Advanced Stroke Perfection*	*45-55 min*	*Min 3/Max 6*
	My child can swim	◆ 200 yards of front crawl ◆ 200 yards of backstroke ◆ 50 yards breaststroke ◆ 25 yards beginning butterfly	
Dolphin	*Pre-Competition*	*75-90 min*	*Min 3*
		◆ Participants must pass Trout or Swordfish level prior to Dolphin or pass a swim screening. This program emphasizes swim team preparation. Topics and skills to be covered are swim eiquette, how to use a pace clock, fitness awareness in aquatics, flip turns, and safety techniques. Endurance swimming of all competitive strokes will be practiced daily.	
Adult/Teen	*Adult: 18+ yrs* *Teen: 12+ yrs*	*30 min*	*Min 3*
		Broaden your horizons and learn a new skill. Now is the time to learn to swim or perfect your strokes. Students will be divided into groups based on age and skill level.	